

## **BOARD RESOURCE: Praise and Prayer Time for PWOC Board Retreat**

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**The following is a sample agenda for a concentrated Praise and Prayer Time at a PWOC Board Retreat. The goal is to set the right tone and focus before, during and after the “business” portion of the meeting. It is broken into two sections: the first to begin the day and the second to end the day.**

### **First Section –**

*Songs of Praise led by Lead Worshipper- choose a few songs to gather everyone together into God's presence.*

*Scripture and open time of adoration- Read selected Scriptures and invite women to praise God with short phrases of praise and adoration...*

### **Adoration:**

Blessed are You, Lord God, the God of Israel,  
Who alone does wonderful things.  
Blessed be Your glorious name forever;  
May the whole earth be filled with Your Glory.  
Psalm 72:18-19

You are great and worthy of praise, O Lord;  
You are to be feared above all gods.  
For all the gods of the nation are idols,  
But You made the heavens.  
Splendor and majesty are before You;  
Strength and beauty are in Your sanctuary.  
I will ascribe to You glory and strength.  
I will ascribe to You the glory due Your name  
And worship You in the beauty of holiness.  
Psalm 96:4-9

You have measured the waters in the hollow of Your hand,  
And marked off the heavens with the breadth of Your hand.  
You have calculated the dust of the earth in a measure,  
And weighed the mountains in the balance  
And the hills in scale.  
Isaiah 40:12

You are the Lord, and there is no other;  
Apart from you there is no God.  
From the rising of the sun to its setting,  
We know there is none besides you.  
You are the lord and there is no other.  
Isaiah 45:5-6

*Songs of adoration leading into a song or two of confession*

*Scripture reading leading into individual confession time (either out loud or quietly depending on how well the ladies know each other and how the Spirit leads.)*

## **Confession:**

Search me, O God, and know my heart.  
Test me and know my anxious thoughts.  
See if there is any offensive way in me,  
And lead me in the way everlasting.  
Psalm 139:23-24

Come now, let us reason together;  
Though your sins are like scarlet,  
They shall be white as snow;  
Though they are red as crimson,  
They shall be like wool.  
Isaiah 1:18

*Scripture reading coming out of confession time*

## **Thanksgiving: (for forgiveness of sin)**

You, O God, will not always strive with us  
Nor will You harbor Your anger forever;  
You do not treat us as our sins deserve  
Or repay us according to our iniquities.  
For as high as the heavens are above the earth,  
So great is Your love for those who fear You.  
As far as the east is from the west,  
So far have you removed our transgressions from us.  
As a father has compassion on his children,  
You have compassion on those who fear You.  
Psalm 103:9-13

For as high as the heavens are above the earth,  
So great is Your love for those who fear You.  
As far as the east is from the west,  
So far have you removed our transgressions from us.  
As a father has compassion on his children,  
You have compassion on those who fear You.  
Psalm 103:9-13

*Songs of thanksgiving*

*Scripture reading leading into open Thanksgiving time (encourage women to vocalize their thanks to God.)*

## **Thanksgiving: (for His goodness)**

My soul blesses You, O Lord;  
And all that is within me blesses Your holy name.  
My soul blesses You, O Lord,  
And I will not forget all our benefits;  
You forgave all my iniquities  
And heal all of my diseases;  
You redeem my life from the pit

And crown me with love and compassion;  
You satisfy my desires with good things,  
So that my youth is renewed like the eagle's.  
Psalm 103: 1-5

### *Song of Worship*

*Scripture reading leading into praying in pairs for individual needs as piano continues to play (invite women to pair up and share prayer needs and pray for one another.)*

### **Pray in Pairs:**

Lord, help us to bear one another's burdens and so fulfill the Law of Christ.  
Galatians 6:2

*Scripture Responsive Reading (all join on bold) at the end of Praying in Pairs...*  
*(Provide copies or display on overhead.)*

Psalm 107 (NIV)

1  
**Give thanks to the LORD, for he is good; his love endures forever.**

2  
Let the redeemed of the LORD say this-- those he redeemed from the hand of the foe,  
3  
those he gathered from the lands, from east and west, from north and south.  
4  
Some wandered in desert wastelands, finding no way to a city where they could settle.  
5  
They were hungry and thirsty, and their lives ebbed away.  
6  
Then they cried out to the LORD in their trouble, and he delivered them from their distress.  
7  
He led them by a straight way to a city where they could settle.

8  
**Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men,**  
9  
**for he satisfies the thirsty and fills the hungry with good things.**

10  
Some sat in darkness and the deepest gloom, prisoners suffering in iron chains,  
11  
for they had rebelled against the words of God and despised the counsel of the Most High.  
12  
So he subjected them to bitter labor; they stumbled, and there was no one to help.  
13  
Then they cried to the LORD in their trouble, and he saved them from their distress.  
14  
He brought them out of darkness and the deepest gloom and broke away their chains.  
15  
**Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men,**  
16  
**for he breaks down gates of bronze and cuts through bars of iron.**

17

Some became fools through their rebellious ways and suffered affliction because of their iniquities.

They loathed all food and drew near the gates of death.

Then they cried to the LORD in their trouble, and he saved them from their distress.

He sent forth his word and healed them; he rescued them from the grave.

**Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.**

**Let them sacrifice thank offerings and tell of his works with songs of joy.**

Others went out on the sea in ships; they were merchants on the mighty waters.

They saw the works of the LORD, his wonderful deeds in the deep.

For he spoke and stirred up a tempest that lifted high the waves.

They mounted up to the heavens and went down to the depths; in their peril their courage melted away.

They reeled and staggered like drunken men; they were at their wits' end.

Then they cried out to the LORD in their trouble, and he brought them out of their distress.

He stilled the storm to a whisper; the waves of the sea were hushed.

They were glad when it grew calm, and he guided them to their desired haven.

**Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.**

**Let them exalt him in the assembly of the people and praise him in the council of the elders.**

He turned rivers into a desert, flowing springs into thirsty ground,

and fruitful land into a salt waste, because of the wickedness of those who lived there.

He turned the desert into pools of water and the parched ground into flowing springs;

there he brought the hungry to live, and they founded a city where they could settle.

They sowed fields and planted vineyards that yielded a fruitful harvest;

he blessed them, and their numbers greatly increased, and he did not let their herds diminish.

Then their numbers decreased, and they were humbled by oppression, calamity and sorrow;

he who pours contempt on nobles made them wander in a trackless waste.

But he lifted the needy out of their affliction and increased their families like flocks.

**The upright see and rejoice, but all the wicked shut their mouths.**

**Whoever is wise, let him heed these things and consider the great love of the LORD.**

*Song to close out time of Praise and Prayer*

## **Second Section**

*Collective time of prayer for the business that has been discussed and the ministry needs presented.*

May we glory in Your holy name, O Lord.  
 Let the hearts of those who seek you rejoice.  
 May we seek you and your strength;  
 May we seek your face always.  
 May we remember the wonderful works you have done,  
 Your miracles and the judgments You pronounced.  
 I Chronicles 16:10-12

May I let my eyes look straight ahead  
 And fix my gaze straight before me.  
 May I ponder the path of my feet  
 So that all my ways will be established.  
 May I not turn to the right or to the left  
 But keep my foot from evil.  
 Proverbs 4:25-27

May we sow righteousness,  
 Reap the fruit of unfailing love,  
 And break up our fallow ground;  
 For it is time to seek You, O Lord,  
 Until You come and rain righteousness on us.  
 Hosea 10:12

Blessed are You, Lord God, the God of Israel,  
 Who alone does wonderful things.  
 Blessed be Your glorious name forever;  
 May the whole earth be filled with Your Glory.  
 Amen and Amen.  
 Psalm 72:18-19

*Songs of Worship...*  
*Words of Wisdom shared (concluding devotional...)*  
*Worship Movement or Closing Song*